

Sons of Norway 5th Annual Baneløpet

(Children's Nordic Fun Ski Event) Ages 3-13

**FREE
EVENT**

**Adult Ski Lessons
at 11:30**

**Sunday
January 22, 2012
1:00 PM**

**FREE Ski Equipment provided
for Children, if needed!
(Limited skis available)**

- Hot Chocolate
& Cookies**
- Lefse
 - Krumkake
 - Vaffler (Waffles)
 - Rosettes

**Visit with the
Real Vikings!**

**Riverside Park
St. Cloud, MN**

**Registration
begins at 11:30 AM
(Pre-Registration Preferred)**

**Every finisher
gets an Olympic-style
keepsake medal**



Photo: Neil Anderson

**For more info,
call Nick at 763-232-4921 or
stcloud@mysl.org or visit
mysl.org/clubs/stcloud or
www.nordicskiclubcentralmn.org**

Acknowledgement of and assumption of Risk and Release

I, _____, know that participating in the Baneløpet event could be an action sport carrying significant risk of serious personal injury, death, or property damage, or severe or even fatal injuries to my child, or others.

I agree that as parent, I am responsible for my child's safety while participating in this recreational activity. I specially acknowledge that the following persons or entities including the Sons of Norway, the promoters, the sponsors, the organizers, the promoter clubs, the officials and any agent, representative, officer, director, employee, member or affiliate of any person or entity named above are not responsible for my child's safety. I specially RELEASE and DISCHARGE any and all claims for damages for death, personal injury or property damage which my child may have or which may hereafter accrue as a result of my child's participation in this event against all persons and entities involved in this event whether or not such injury or damage was foreseeable.

I further agree to forever HOLD HARMLESS and INDEMNIFY all persons and entities, generally or specifically, from any and all liability for the death and/or personal injury or property damage resulting in any way from my child participating in this event. I agree to supervise my child or arrange for supervision of my child during this sporting event, and that they abide by the rules and regulations of the Sons of Norway Baneløpet and any other rules or regulations imposed by the organizers of the event. This Acknowledgement of and Assumption of Risk and Release shall be binding upon by heirs and assigns.

Photography Release

I hereby grant absolute right and permission to the Sons of Norway Headquarters and Sons of Norway lodges to use photographic portraits of my children for Baneløpet illustration, promotion, or advertising purposes.

Parent/Guardian Signature _____ Date _____

Skier's Name _____

Age/Distance: 3-5 yrs./200 M 6-8 yrs./1 K
 9-11 yrs./2.1 K 12-13 yrs./4.5 K

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Parent/Guardian Name _____

Address _____

City, St, Zip _____

Send your registration form to:

**Sons of Norway Baneløpet,
Box 632, St. Cloud, MN 56302**

How did you learn about this event?

**Bonnie's
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SUBWAY

Sponsors:

Sons of Norway Lodges:
St. Cloud (Trollheim), Anoka (Vennekretsen), Moundsview (Fjell Syn),
Central MN Youth Ski League, Sons of Norway Foundation, Subway,
Liberty Savings Bank, East Side VFW #4847, District One Sons of Norway,
Bernick's Pepsi, Northern Star Therapy, Revolution Cycle & Ski, BLEND,
Nordic Ski Club of Central MN, St. Cloud Lions Club, Nemeth Orthodontics,
Great Harvest Bread Co., Good Earth Food Co-op, Handyman's Hardware

BLEND



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